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1. An amusement and stress relief device formed of a flexible, resilient polymeric material and comprising:
 - a center portion; and
 - a substantially planar peripheral portion surrounding the center portion;
 - the center portion having a concave/convex shape,
 - the device having two stable equilibrium positions wherein a first equilibrium position comprises a first surface having a concave shape and a second surface having a convex shape and a second equilibrium position comprises the second surface having a concave shape and the first surface having a convex shape,
 - whereby manual manipulation of the device inverts the first and second surfaces between the two stable equilibrium positions.

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2. The device of Claim 1 wherein the device is disk-shaped and has a diameter d in the range of about 0.75 inch to about 6 inches.
3. The device of Claim 2, wherein the peripheral portion comprises a lip having a width w wherein the ratio of w to d is not greater than about $1/4$.
4. The device of Claim 3, wherein the ratio of w to d is in the range of about $1/30$ to about $1/5$.
5. The device of Claim 2, wherein the device has a substantially uniform cross-sectional thickness t over at least the center portion, and the ratio of t to d is not greater than about $1/10$.
6. The device of Claim 5, wherein the ratio of t to d is in the range of about $1/80$ to about $1/20$.

7. The device of Claim 5, wherein the thickness t of the center portion is tapered, such that a thickness t_i near the peripheral portion is greater than a thickness t_c near the center.

8. The device of Claim 2, wherein a domed peak is formed in the center portion the peak having a height h_p relative to a plane containing the peripheral portion, and the ratio of h_p to d is not greater than about $1/3$.

9. The device of Claim 1, wherein the polymeric material is an ethylene-vinyl acetate polymer.

10. The device of Claim 1, wherein at least one of the first and second surfaces are textured.

11. The device of Claim 10, wherein the texture is provided by ridges formed on the surface.

12. The device of Claim 10, wherein the texture is provided by dimples formed on the surface.

13. The device of Claim 1, wherein at least one surface comprises an illustration.

14. The device of Claim 1, wherein the material comprises a scent that is emitted from the device upon manual manipulation.

15. The device of Claim 1, wherein the material comprises a composition that changes the color of the device upon changes in temperature or changes in other environmental conditions.

16. The device of Claim 1, wherein the polymeric material is selected from the group consisting of fluoroplastics, polyamides, polybutylenes,

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thermoplastic polyesters, polyethylene and ethylene copolymers, silicones, thermoplastic elastomers, vinyl polymers and copolymers, and blends thereof.

17. The device of Claim 1, wherein the material is a colored resin.

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